

Health Promotion Flight

(402) 294-5977

Services are offered for Active Duty, Active Duty Family Members, Retirees, Retiree Family members and DoD Civilians.

FITNESS

- **Bod Pod Analysis**-By appointment, 402-294-5977. No eating, drinking or exercising two hours prior to test and you must wear tight clothing in the BOD POD. Examples are swimsuit/speedo, spandex, under-armor, boxer briefs, compression shorts, etc. (15 minute appointment) This is a body fat analysis.
- **KORR Analysis**- By appointment only, 402-232-4294. No eating, drinking, exercising or stimulants 6 hours prior to testing. (30 minute appointment) No special clothing required. This is a body fat measurement.
- **Tactical Fitness** - Functional fitness program totactfit@gmail.com

HEALTH

- **Energy Balance** - Second Thursday from 1300-1500. For weight loss. 402-294-5977
- **Tobacco Cessation** - Every Thursday @ 0800, except for the third Thursday @ 1500. This is a walk-in session, no need to sign up.
- **Diabetes Symposium**-Third Friday from 0930-1530. Register through disease managers or referral management-402-232-CARE.
- **Fantastic Five**- Five month healthy living initiative conducted at the unit/group level. Please call 402-294-5977 with a POC and a date you'd like to start and we'll take care of the rest! There is one healthy focus area with education conducted each month.
- **Stress Management**- As requested (must have a group of ten or more).

NUTRITION

- **Nutrition Consults**-Through medical referral for dependents or by appointment for Active Duty. Active Duty please call 402-232-4294 directly to make an appointment with the dietitian.
- **Sports Nutrition and Supplements Class**- As requested (must have a group of 10 or more)
- **Better Bodies, Better Life**- Weight loss class geared toward Active Duty but open to all. This is a five week course and you can register by calling 402-294-5977 or 232-4294. This class is also utilized for mandatory fitness failure remediation.
- **Key Spouse Lunch and Learn**- Fourth Tuesday of each month from 1200-1300. Please call 232-4315 to reserve your spot and find out what the topic is this month.

The Health Promotion Flight gladly accepts invitations to speak at many different events on and off base. If you would like us to come speak about any of the topics above just give us a call at 402-294-5977 and we will be happy to serve you.